

Body Rejuvenation workshop with Ginny and Michelle



Saturday March 20th

1:00-3:30

\$25 per person

Make checks payable to: Amherst Yoga

Energize for your spring activities

Improve your posture, enjoy movement, and experience mobility once again! Body Rejuvenation is a workshop experience which will include somatic movements for the whole body. Through this work habits and patterns shift in the body and the result is that the body becomes lighter and freer increasing the ability to move with ease. Flight of the Eagle and Sitting with ease will be included in the workshop. Treat yourself!

Please bring clean white socks and a large towel.

Call Amherst Yoga at 673-7661 to register,
or email: info@AmherstYoga.com